

# Irish Life Health Munster Schools Track & Field Championships 2019

**Cork Institute of Technology - Saturday May 18th 2019**

FIELD EVENTS			TRACK EVENTS		
9.30	Senior Boys	Hammer (6kg)	10.00	Race Walking	All Ages
10.00	Girls All Grades	Pole Vault	11.00	Inter Girls	1500m S/chase (76.2cm)
10.00	Junior Boys	Pole Vault	11.00	Senior Girls	1500m S/chase (76.2cm)
10.10	Inter Boys	Hammer (5kg)	11.10	Inter Girls	3000m
10.50	Junior Boys	Hammer (4kg)	11.20	Senior Girls	3000m
11.00	Inter Girls	High Jump	11.35	Inter Girls	300m Hurdles (76.2cm)
11.00	Senior Girls	Long Jump	11.40	Senior Girls	400m Hurdles (76.2cm)
11.00	Minor Boys	Shot (3.25kg)	11.45	Inter Boys	400m Hurdles (83.8cm)
11.30	Senior Boys	Triple Jump	11.50	Senior Boys	400m Hurdles (91.4cm)
11.30	Senior Girls	Hammer (4kg)	12.00	Inter Boys	1500m S/chase (91.4cm)
11.40	Junior Boys	Long Jump	12.05	Senior Boys	2000m S/chase (91.4cm)
11.40	Junior Girls	Shot (2.72kg)	12.15	Junior Girls	200m
11.50	Junior Girls	High Jump	12.20	Junior Boys	200m
12.10	Inter Girls	Hammer (3kg)	12.25	Inter Girls	200m
12.10	Inter Boys	Triple Jump	12.30	Inter Boys	200m
12.20	Inter Girls	Long Jump	12.35	Senior Girls	200m
12.20	Junior Boys	Shot (4kg)	12.40	Senior Boys	200m
12.20	Senior Boys	Javelin (800g)	12.45	Minor Girls	800m
12.40	Junior Girls	Hammer (2.5kg)	12.50	Minor Boys	800m
12.50	Senior Boys	High Jump	12.55	Junior Girls	800m
1.00	Senior Boys	Shot (6kg)	1.00	Junior Boys	800m
1.10	Inter Boys	Javelin (700g)	1.05	Inter Girls	800m
1.10	Minor Girls	Long Jump	1.10	Inter Boys	800m
1.10	Senior Girls	Triple Jump	1.15	Senior Girls	800m
1.15	Senior Girls	Discus (1kg)	1.20	Senior Boys	800m
1.40	Inter Boys	High Jump	1.25	Minor Girls	100m
1.40	Inter Boys	Shot (5kg)	1.30	Minor Boys	100m
1.50	Junior Girls	Long Jump	1.35	Junior Girls	100m
1.50	Inter Girls	Discus (1kg)	1.40	Junior Boys	100m
1.50	Junior Boys	Triple Jump	1.45	Inter Girls	100m
2.00	Junior Boys	Javelin (600g)	1.50	Inter Boys	100m
2.20	Minor Girls	Shot (2.72kg)	1.55	Senior Girls	100m
2.30	Inter Boys	Pole Vault	2.00	Senior Boys	100m
2.30	Senior Boys	Pole Vault	2.05	Inter Boys	3000m
2.30	Minor Boys	Long Jump	2.15	Minor Girls	75m Hurdles (68.6cm)
2.30	Junior Girls	Discus (0.75kg))	2.20	Minor Boys	75m Hurdles (76.2cm)
2.30	Inter Girls	Triple Jump	2.25	Junior Girls	75m Hurdles (76.2cm)
2.40	Junior Boys	High Jump	2.30	Inter Girls	80m Hurdles (76.2cm)
3.00	Junior Girls	Javelin (400g)	2.35	Junior Boys	80m Hurdles (83.8cm)
3.00	Senior Girls	Shot (4kg)	2.40	Senior Girls	100m Hurdles (83.8cm)
3.10	Junior Girls	Triple Jump	2.45	Inter Boys	100m Hurdles (91.4cm)
3.10	Junior Boys	Discus (1kg)	2.50	Senior Boys	110m Hurdles (99.0cm)
3.40	Inter Girls	Shot (3kg)	2.55	Inter Girls	300m
3.40	Inter Boys	Long Jump	3.00	Inter Boys	400m
3.50	Inter Boys	Discus (1.5kg)	3.05	Senior Girls	400m
3.50	Senior Girls	High Jump	3.10	Senior Boys	400m
4.00	Senior Girls	Javelin (600g)	3.15	Under 16 Girls	1 Mile
4.30	Inter Girls	Javelin (500g)	3.20	Under 16 Boys	1 Mile
4.30	Senior Boys	Discus (1.75kg)	3.25	Junior Girls	1500m
4.30	Senior Boys	Long Jump	3.30	Junior Boys	1500m
			3.35	Inter Girls	1500m
			3.40	Inter Boys	1500m
			3.45	Senior Girls	1500m
			3.50	Senior Boys	1500m
			3.55	Senior Boys	5000m
			4.15	Minor Girls	4X100m Relay
			4.20	Minor Boys	4X100m Relay
			4.25	Junior Girls	4X100m Relay
			4.30	Junior Boys	4X100m Relay
			4.35	Inter Girls	4X100m Relay
			4.40	Inter Boys	4X100m Relay
			4.45	Senior Girls	4X100m Relay
			4.50	Senior Boys	4X100m Relay
			4.55	Senior Girls	4X300m Relay
			5.05	Senior Boys	4X400m Relay

Times of events may be brought forward by 15 minutes if the programme is running ahead of schedule